

FIG - 1A

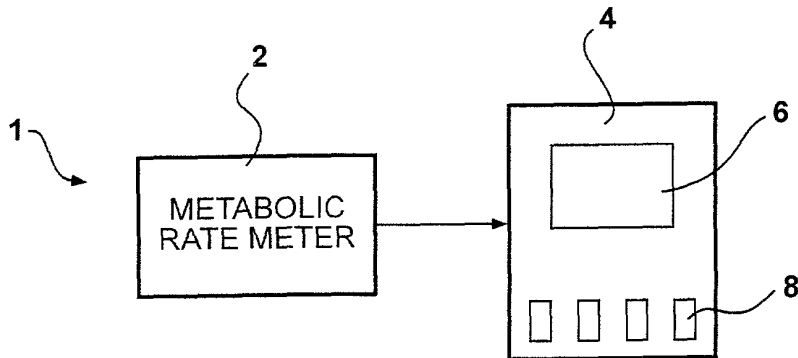


FIG - 1B

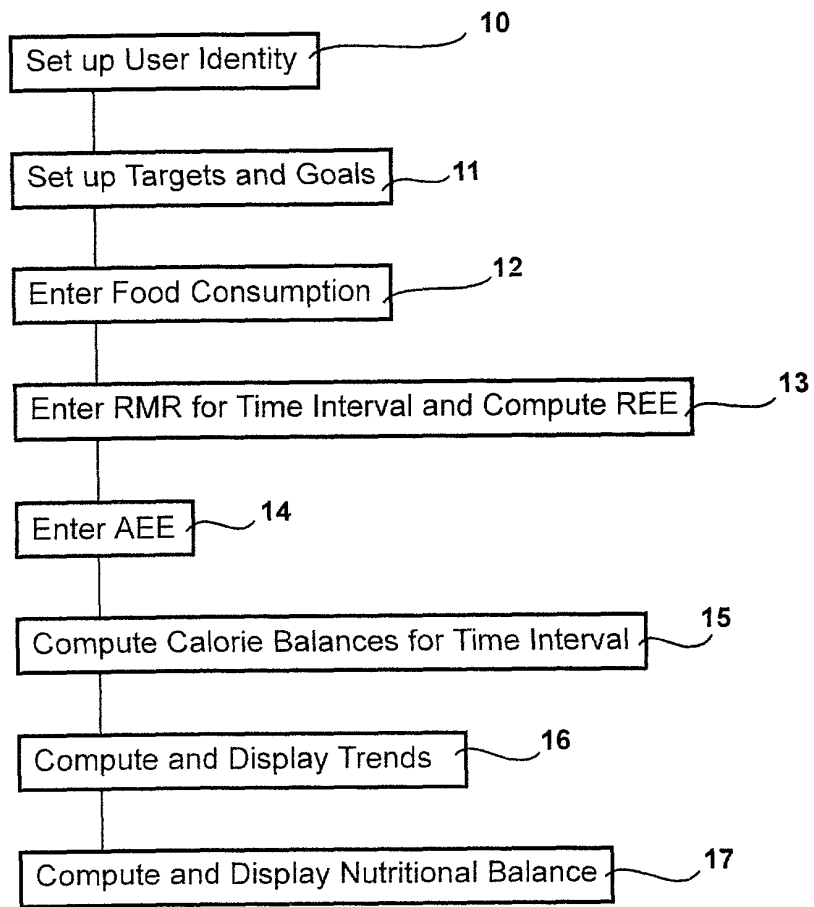


FIG - 2A

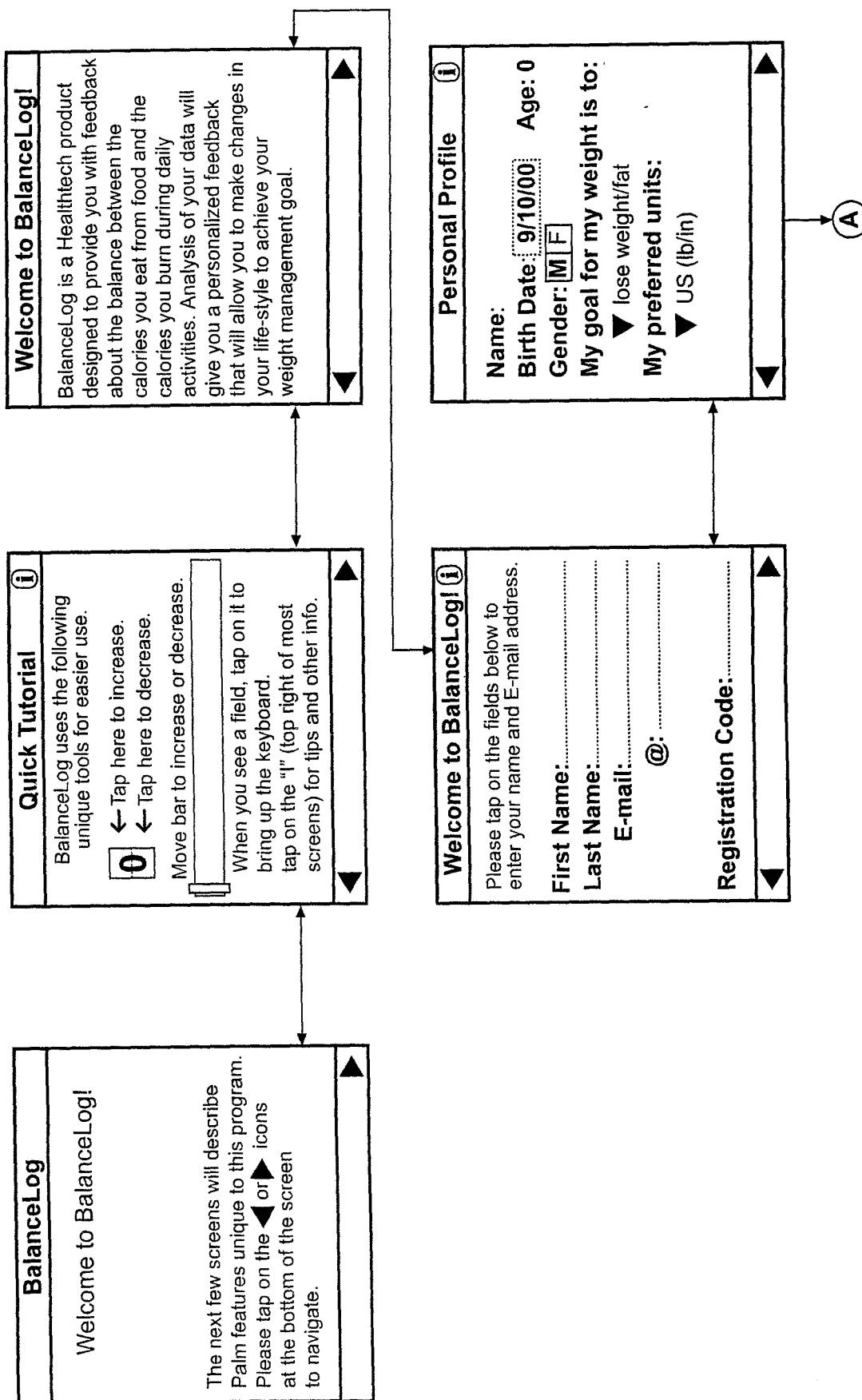


FIG - 2B

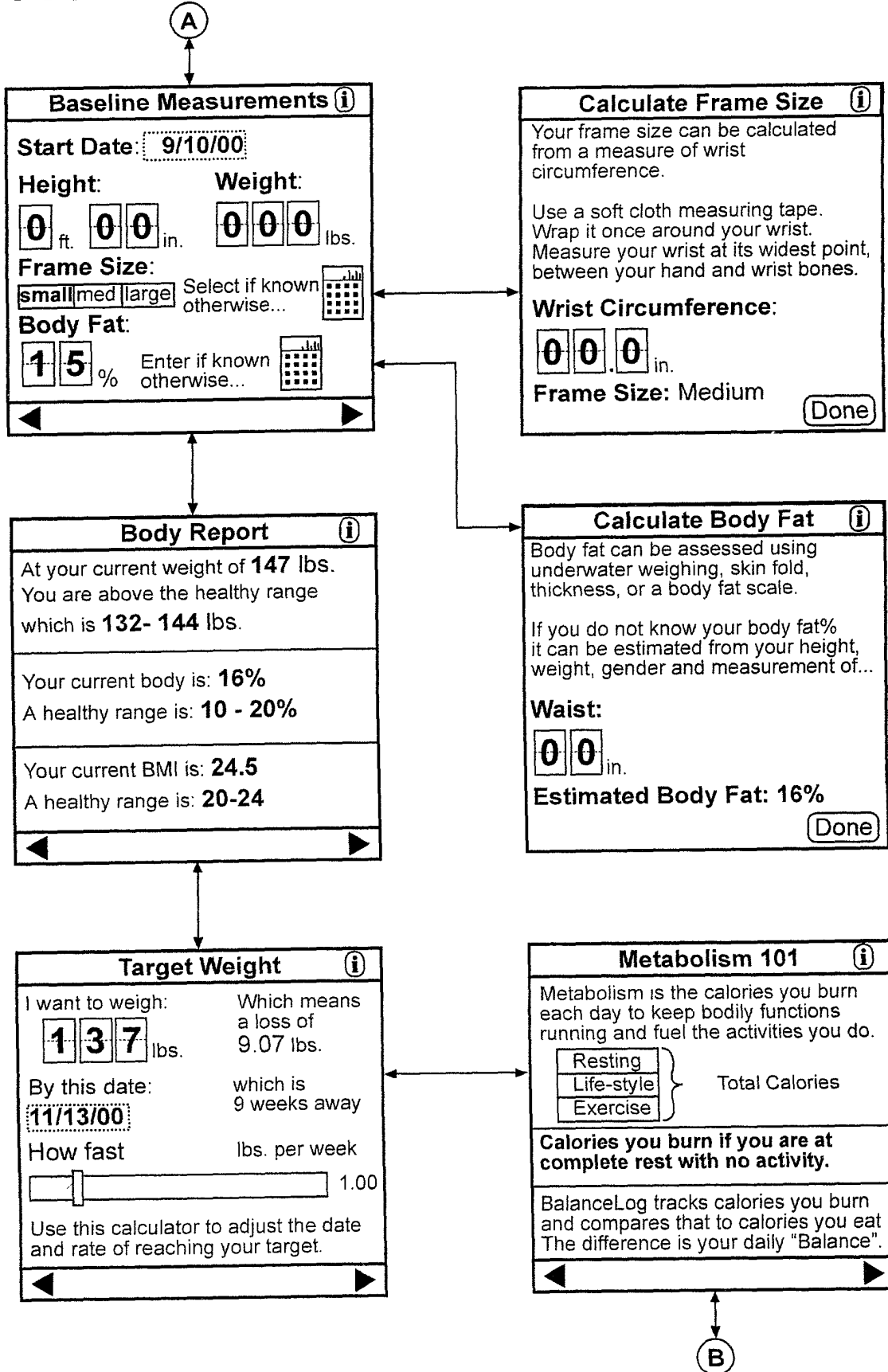


FIG - 2C

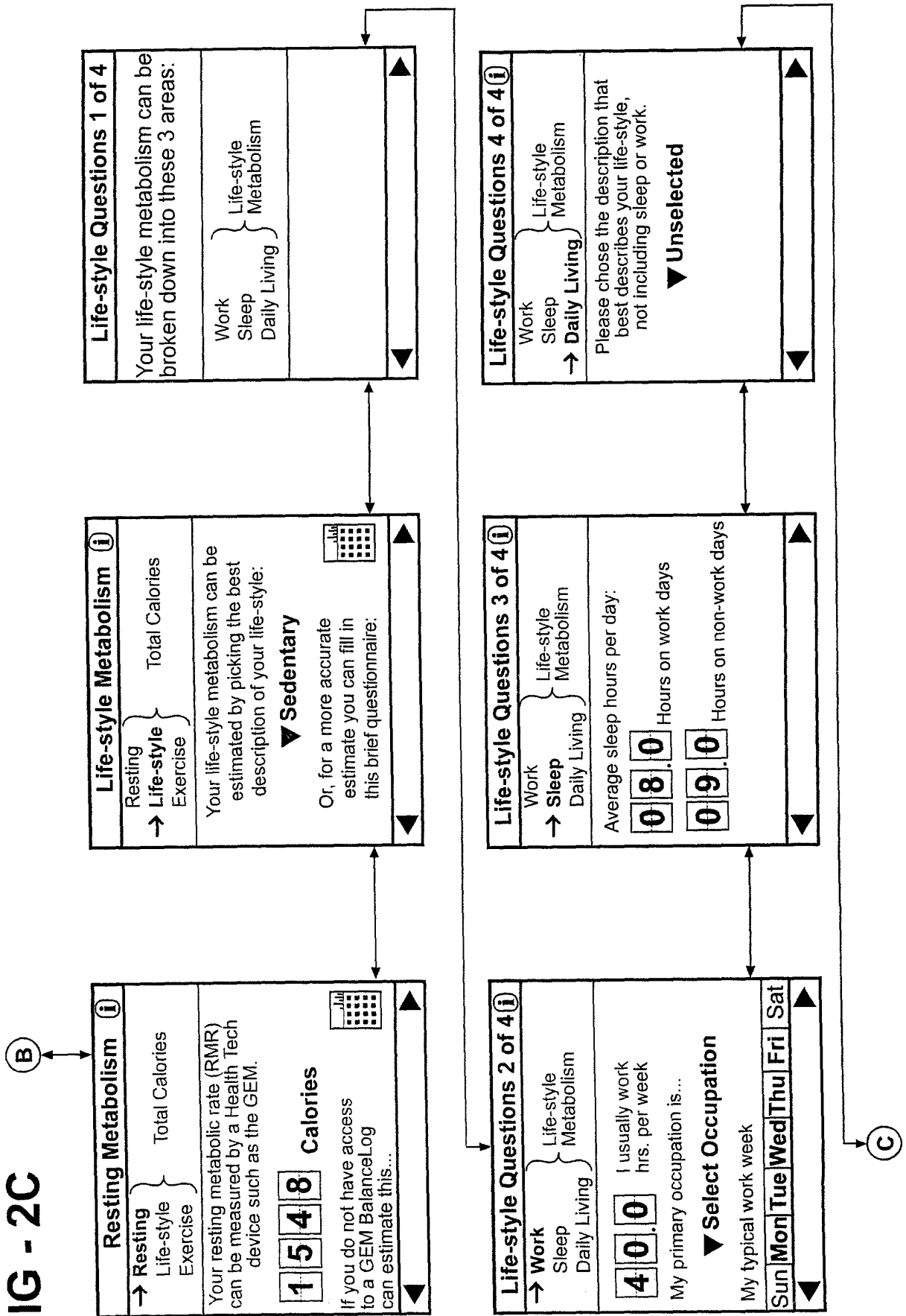


FIG - 2D

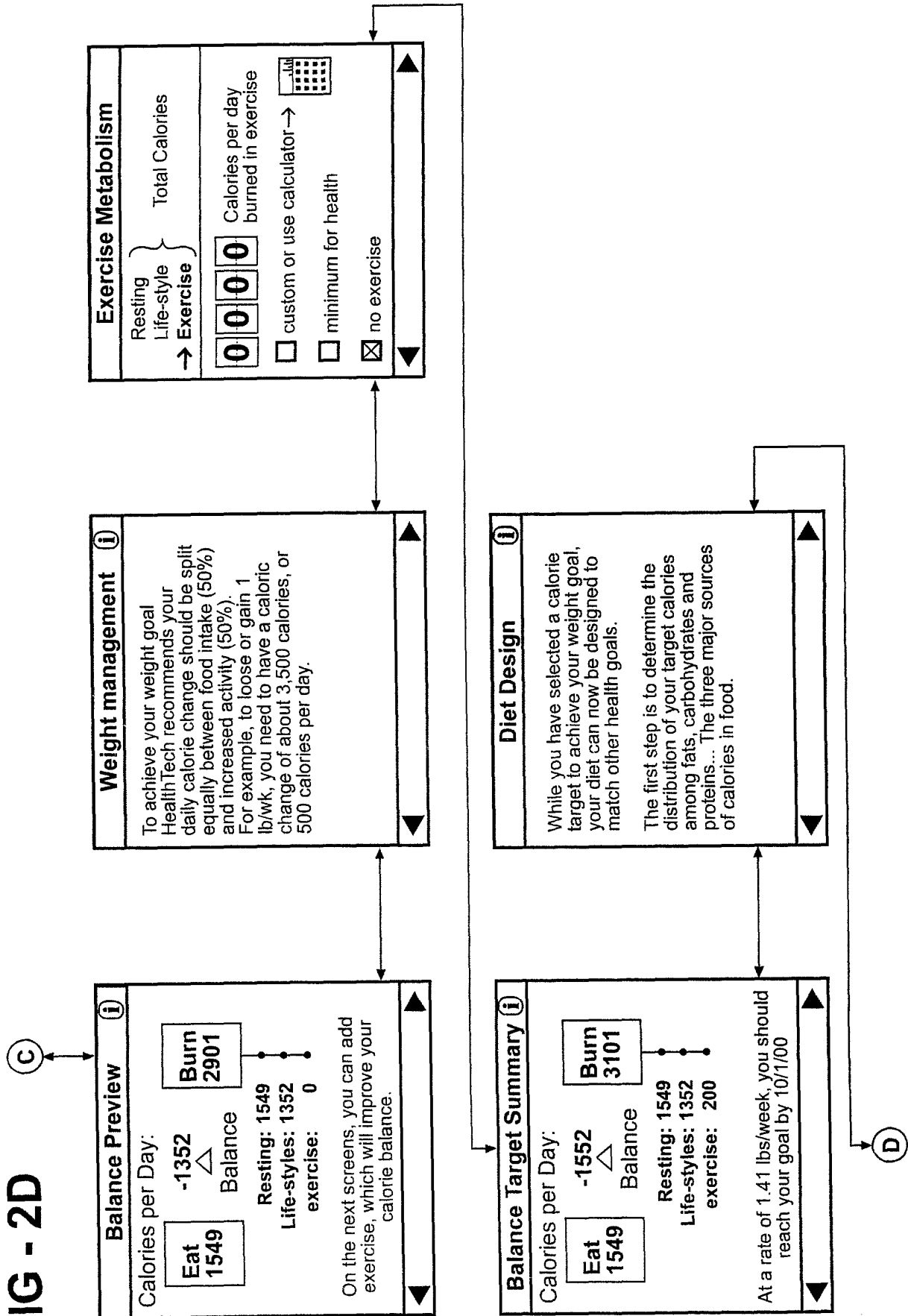
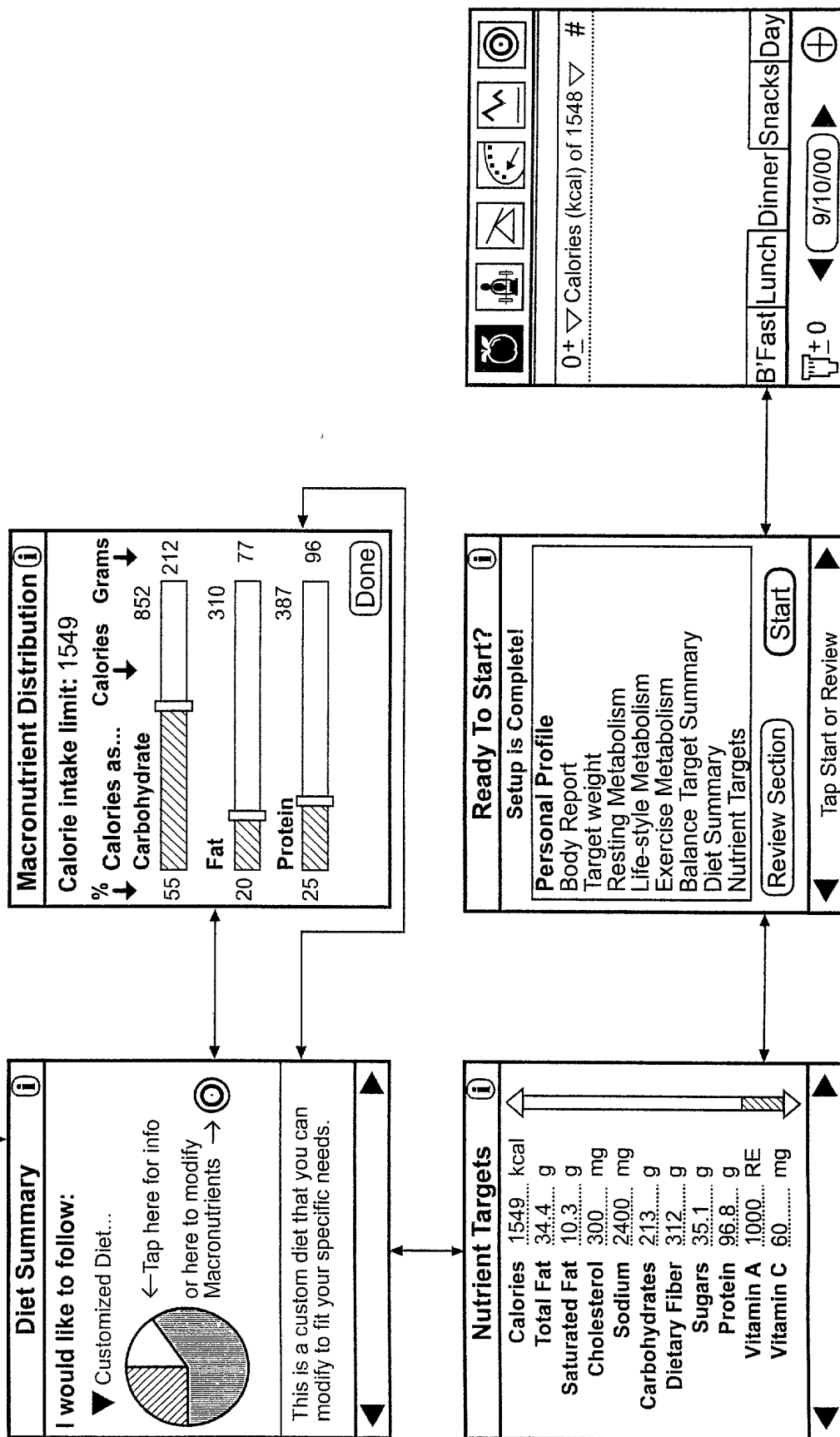


FIG - 2E



Quick Tutorial Tips

Tips
If you want to change a number, tap on the upper part of a number box and it will increase by one for each tap. If you tap on the lower part of a number box, it will decrease by one for each tap. If you hold the tap on either the upper or lower part of a number, it will continue until
Done

FIG - 3A

Welcome to BalanceLog Tips

Tips
Your name and e-mail address are needed to identify you as a BalanceLog user in the next screen and reports. It will also allow you to exchange information with BalanceLog Web. This information is kept confidential.
Done

FIG - 3B

Personal Profile Tips

Tips

FIG - 3C

Baseline Measurement Tips

Tips
The First step in designing a weight plan is to log your measurements before you start making changes to your life-style, whether eating or activity. If you need assistance in determining your frame size or body fat, click on the calculator icon.
Done

FIG - 3D

Calculate Frame Size Tips

Tips
Your wrist is a good place to measure frame size since there is little overlying skin or tissue.
Done

FIG - 3E

Calculate Body Fat Tips

Tips
Your body can be divided into fat or lean tissue, which includes muscles, organs and bones. Fat is around internal organs as well as in muscles. Fat has a low burn rate so a healthy goal is to lower body fat while maintaining or increasing lean muscle tissue.
Done

FIG - 3F

Body Report Tips

Tips
<p>This will give you some feedback on setting a healthy weight goal.</p> <p>If your body fat is out of a healthy range, be sure to add exercise to your plan as that will help you lose fat and maintain your muscles, which burn more calories than fat.</p>
<input type="button" value="Done"/>

FIG - 3G

Target Weight Tips

Tips
<p>Enter a weight or loss goal.</p>
<input type="button" value="Done"/>

FIG - 3H

BalanceLog Targets

BalanceLog Targets
<p>Body Health</p> <p>Weight & Date</p> <p>RMR</p> <p>Balance</p> <p>Nutrition</p> <p>Activity Plan</p>

FIG - 3I

Balance Target

Balance Target Summary			
<p>Calories per Day:</p> <table border="0"> <tr> <td align="center"> <div style="border: 1px solid black; padding: 2px;">Eat 1549</div> </td> <td align="center"> <div style="border: 1px solid black; padding: 2px;">-1552 △ Balance</div> </td> <td align="center"> <div style="border: 1px solid black; padding: 2px;">Burn 3101</div> </td> </tr> </table> <p>Resting: 1549 Life-styles: 1352 exercise: 200</p> <p>At a rate of 1.41 lbs/week, you should reach your goal by 10/1/00</p>	<div style="border: 1px solid black; padding: 2px;">Eat 1549</div>	<div style="border: 1px solid black; padding: 2px;">-1552 △ Balance</div>	<div style="border: 1px solid black; padding: 2px;">Burn 3101</div>
<div style="border: 1px solid black; padding: 2px;">Eat 1549</div>	<div style="border: 1px solid black; padding: 2px;">-1552 △ Balance</div>	<div style="border: 1px solid black; padding: 2px;">Burn 3101</div>	

FIG - 3J

Nutrition Targets

Nutrient Targets																																	
<table border="0"> <tr> <td>Calories</td> <td>1549</td> <td>kcal</td> </tr> <tr> <td>Total Fat</td> <td>34.4</td> <td>g</td> </tr> <tr> <td>Saturated Fat</td> <td>10.3</td> <td>g</td> </tr> <tr> <td>Cholesterol</td> <td>300</td> <td>mg</td> </tr> <tr> <td>Sodium</td> <td>2400</td> <td>mg</td> </tr> <tr> <td>Carbohydrates</td> <td>213</td> <td>g</td> </tr> <tr> <td>Dietary Fiber</td> <td>312</td> <td>g</td> </tr> <tr> <td>Sugars</td> <td>35.1</td> <td>g</td> </tr> <tr> <td>Protein</td> <td>96.8</td> <td>g</td> </tr> <tr> <td>Vitamin A</td> <td>1000</td> <td>RE</td> </tr> <tr> <td>Vitamin C</td> <td>60</td> <td>mg</td> </tr> </table>	Calories	1549	kcal	Total Fat	34.4	g	Saturated Fat	10.3	g	Cholesterol	300	mg	Sodium	2400	mg	Carbohydrates	213	g	Dietary Fiber	312	g	Sugars	35.1	g	Protein	96.8	g	Vitamin A	1000	RE	Vitamin C	60	mg
Calories	1549	kcal																															
Total Fat	34.4	g																															
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Sugars	35.1	g																															
Protein	96.8	g																															
Vitamin A	1000	RE																															
Vitamin C	60	mg																															

FIG - 3K

Activity Plan Target

Exercise Metabolism							
<table border="0"> <tr> <td>Resting</td> <td rowspan="2">}</td> <td rowspan="2">Total Calories</td> </tr> <tr> <td>Life-style</td> </tr> <tr> <td>→ Exercise</td> <td></td> <td></td> </tr> </table> <p> <input type="text" value="0"/> <input type="text" value="0"/> <input type="text" value="0"/> <input type="text" value="0"/> </p> <p>Calories per day burned in exercise</p> <p> <input type="checkbox"/> custom or use calculator → </p> <p> <input type="checkbox"/> minimum for health </p> <p> <input checked="" type="checkbox"/> no exercise </p>	Resting	}	Total Calories	Life-style	→ Exercise		
Resting	}			Total Calories			
Life-style							
→ Exercise							

FIG - 3L

RMR Targets


Resting Metabolism 	
→ Resting Life-style Exercise	Total Calories
Your resting metabolic rate (RMR) can be measured by a Health Tech device such as the GEM.	
1 5 4 8	Calories
If you do not have access to a GEM BalanceLog can estimate this...	

FIG - 4A

RMR Tips


Tips
RMR can be increased by increasing muscle mass.


FIG - 4B

Food Entry Screen







				
0 ▽ Calories (kcal) of 1548 ▽ #				
B'Fast Lunch Dinner Snacks Day				
+ 0 ◀ 9/10/00 ▶				

FIG - 5A

Food Database Screen





Find... Food Menu	
▽ all food groups	
▽ all subcategories...	
▽ name begins with...	
> 100% Natural	
> 40% Bran Flakes	
> acerola	
> acerola juice	
> All-Bran extra Fiber	
> alspice	
> Alphabets	
> animal fat	
   	

FIG - 5B

Exercise Entry Screen







				
2586 vs. target day of 2786 ▽ #				
2587 Life., daily Living 24.0 hr				
Sun Mon Tue Wed Thu Fri Sat				
+ 0 ◀ 9/10/00 ▶				

FIG - 6A

Exercise Database Screen





Find Activity...	
▽ all categories...	
▽ name begins with...	
> aerobic dance	
> archery	
> backpack	
> badminton	
> baseball	
> basketball	
> bathe	
> bike	
> billiards	
   	

FIG - 6B

Daily Balance Screen

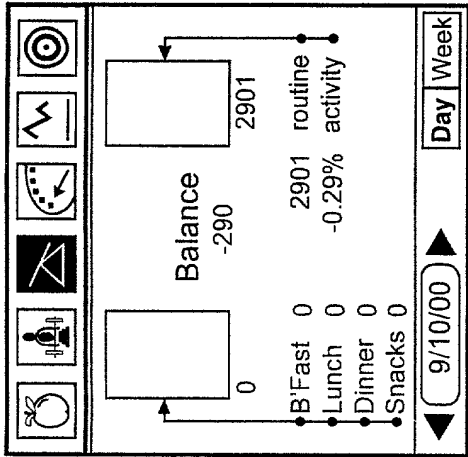


FIG - 7A

Weekly Balance Screen

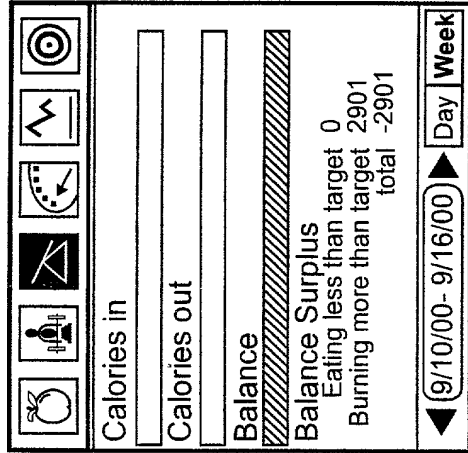


FIG - 7B

Balance Log Reports

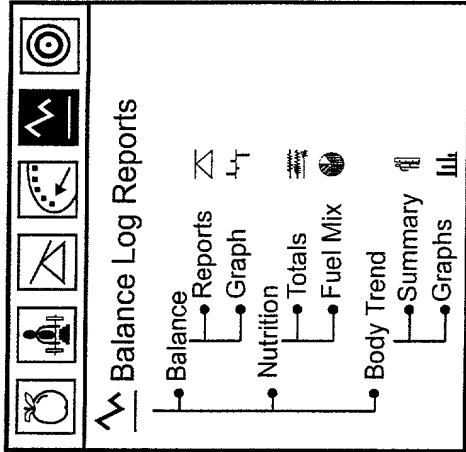


FIG - 8A

Balance Report

Balance Report				
Caloric Summary				
Actual:	Target:			
	Eaten:	0	2287	
	Burned:	0	2587	
Balance:		0	-300	
Yesterday	Today	Week	Month	
9/10/00				OK

FIG - 8B

Nutrient Totals

Nutrient Totals	
KCAL	0%
TFAT	0%
SFAT	0%
CHOL	0%
SODI	0%
CARB	0%
FIBR	0%
SUGR	0%
PROT	0%
V.A	0%
V.C	0%
CALC	0%
OK	

FIG - 8C

Body Trend Graph

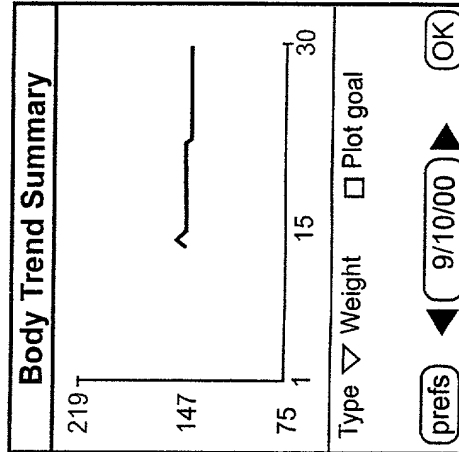


FIG - 8D

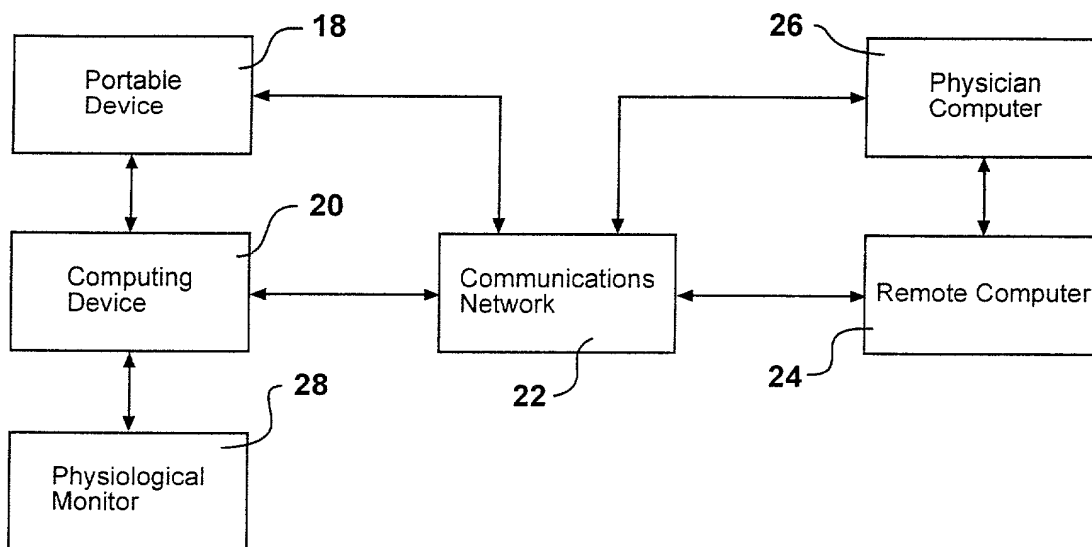


FIG - 9

NEW USER SETUP		
STEP 1 - Identity		
Please enter your name below, optionally, you can enter a password to secure your profile and health goals from others.		
Name	First	Last
<input type="text"/>	<input type="text"/>	<input type="text"/>
Password	Password	Verify
<input type="text"/>	<input type="text"/>	<input type="text"/>
E-mail	E-mail Address	
<input type="text"/>	<input type="text"/>	
<input type="button" value="Cancel"/> <input type="button" value=" <Back"/> <input type="button" value=" Next>"/>		

FIG - 10A

NEW USER SETUP	
STEP 2 - Personal Information	
Please select your birthdate, gender and height below.	
Birthdate	<input type="text" value="Thu, Dec. 9, 1965"/>
Gender	<input type="radio"/> Female <input type="radio"/> Pregnant <input checked="" type="radio"/> Male <input type="radio"/> Lactating
Units	<input checked="" type="radio"/> English Units - Feet, Pounds, Gallons <input type="radio"/> Metric Units - Meters, Kilograms, Liters
Height	<input type="text" value="7"/> Feet <input type="text" value="0"/> Inches
<input type="button" value="Cancel"/> <input type="button" value=" <Back"/> <input type="button" value=" Next>"/>	

FIG - 10B

FIG - 11

NEW USER SETUP

STEP 7 - Weight Goals

Weight Goal ☒ I want to weigh (213) lbs
☐ I want to lose (37) lbs

Goal Method ☒ -Lose (2.0) +/- -lbs per week
☐ By a specific date ◀ Mon, Oct. 20,2000 ▶

Cancel <Back Next>

Body Report
Current Weight: 250
Healthy Weight: 215
Current body fat: 35%
Healthy body fat: 12%
Current BMI: 25
Healthy BMI: 20
*healthy is 0-5

FIG - 12

NEW USER SETUP

STEP 8 - Metabolism

Metabolism ☒ I have my resting metabolism from the GEM, it is (2230)
☐ I don't know my resting metabolism and I don't have a GEM, please estimate it.

Total Metabolism	
2230	Resting Metabolism
688	Life-style Metabolism
443	Work Metabolism
3361	Total Metabolism

Cancel <Back Next>

Body Report
Current Weight: 250
Healthy Weight: 215
Current body fat: 35%
Healthy body fat: 12%
Current BMI: 25
Healthy BMI: 20
*healthy is 0-5

FIG - 13

NEW USER SETUP

STEP 9 - Activities

Activity Setup ☐ I do not wish to set an activity target
☒ I want to eat more than 2357 Calories (increase my Calories In) and therefore burn more (increase my calories out) by specifying an activity target.

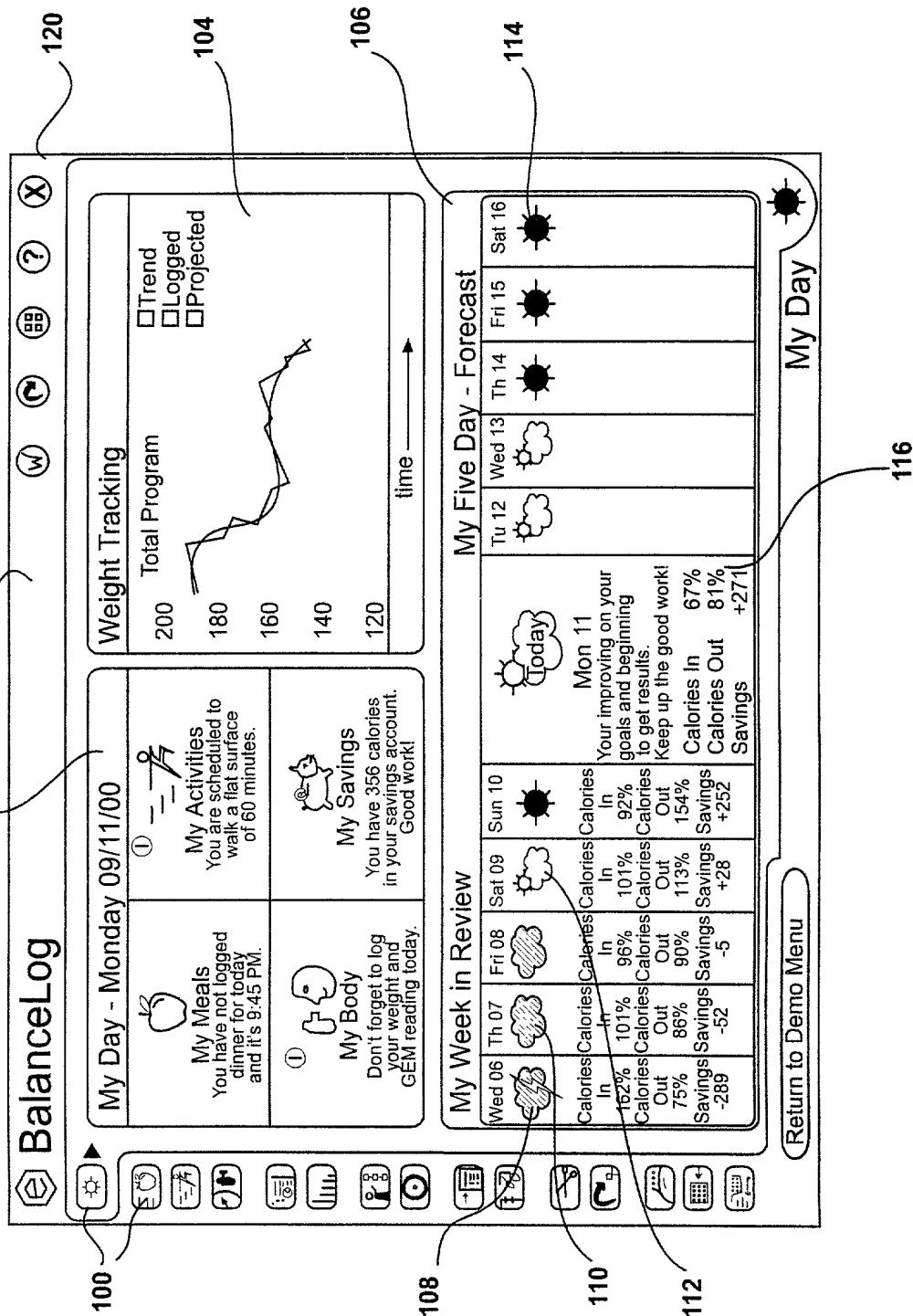
Eat Less Burn More
Low High

Cancel <Back Next>

Body Report
Current Weight: 250
Healthy Weight: 215
Current body fat: 35%
Healthy body fat: 12%
Current BMI: 25
Healthy BMI: 20
*healthy is 0-5

Balance	
3823	Calories out
2357	Calories In
1004	Balance

FIG - 14



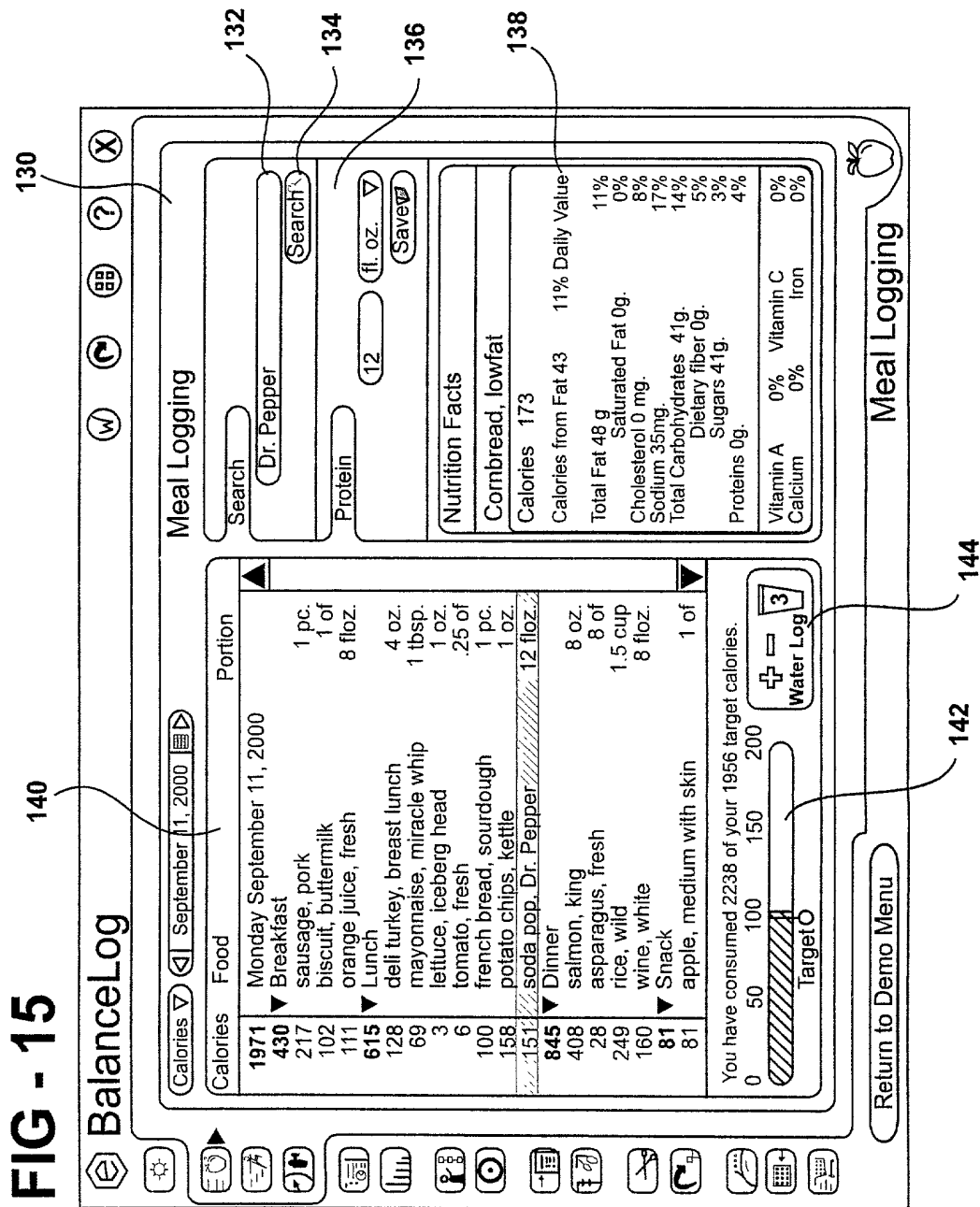


FIG - 16

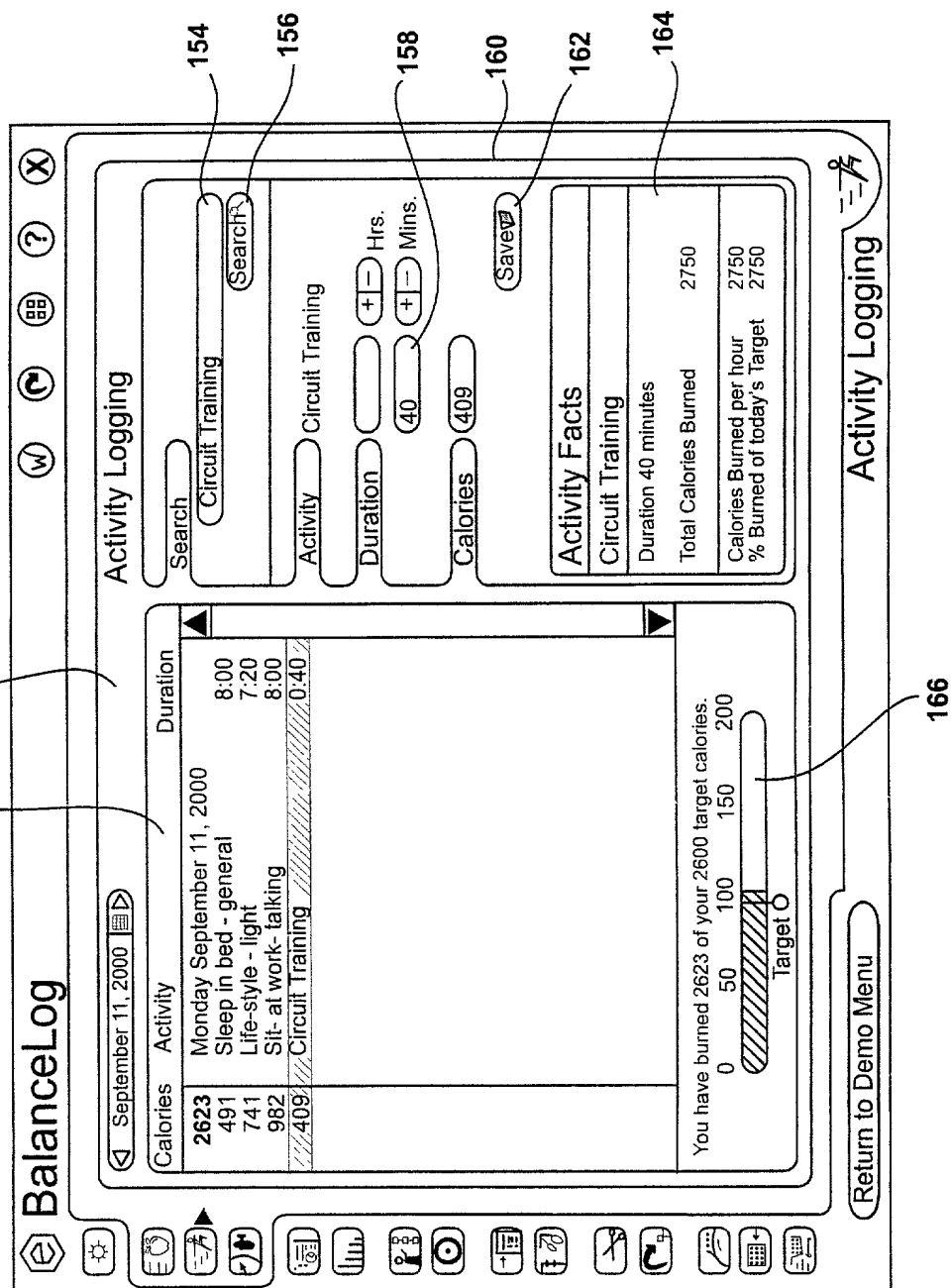


FIG - 17

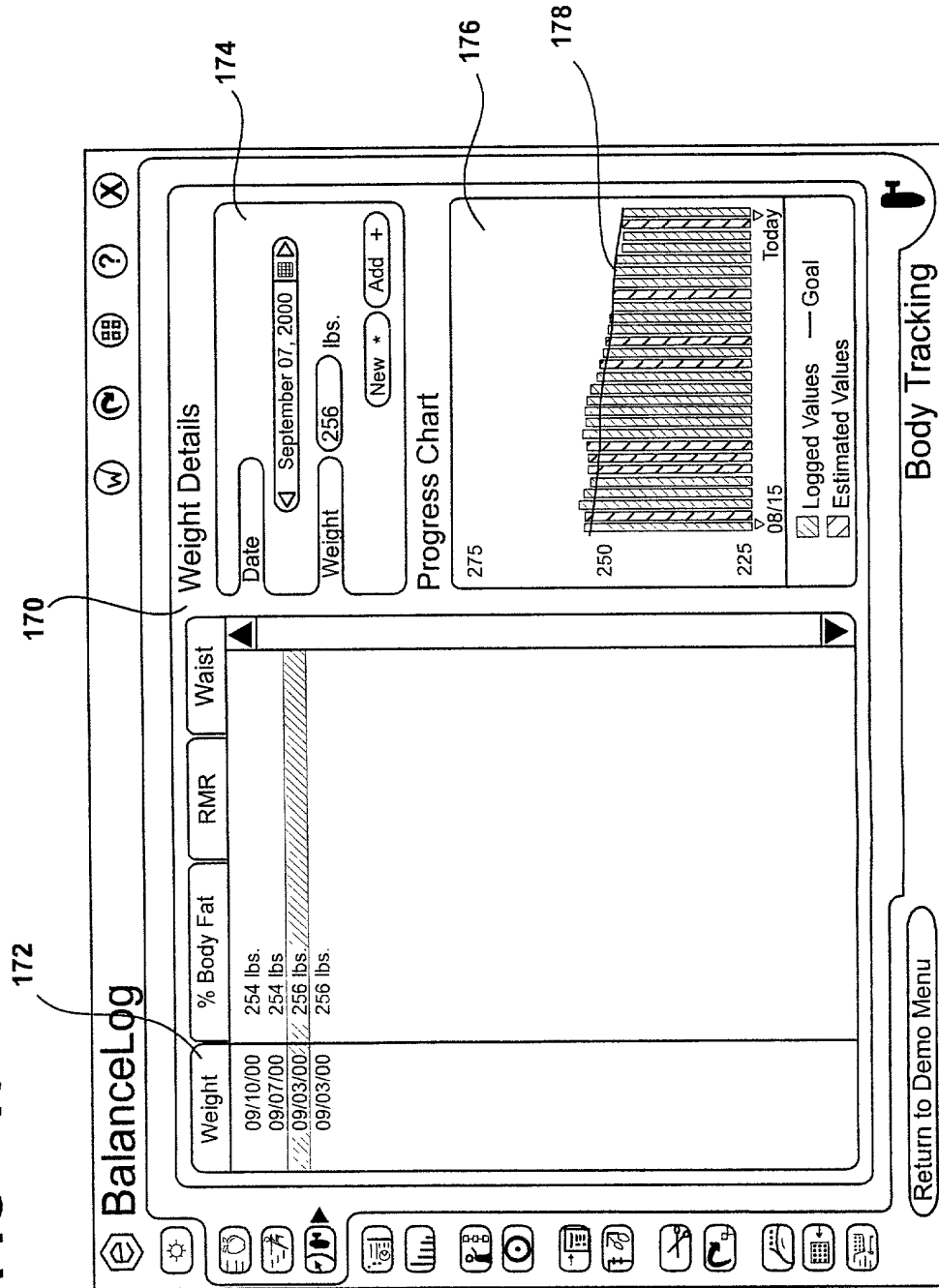


FIG - 18

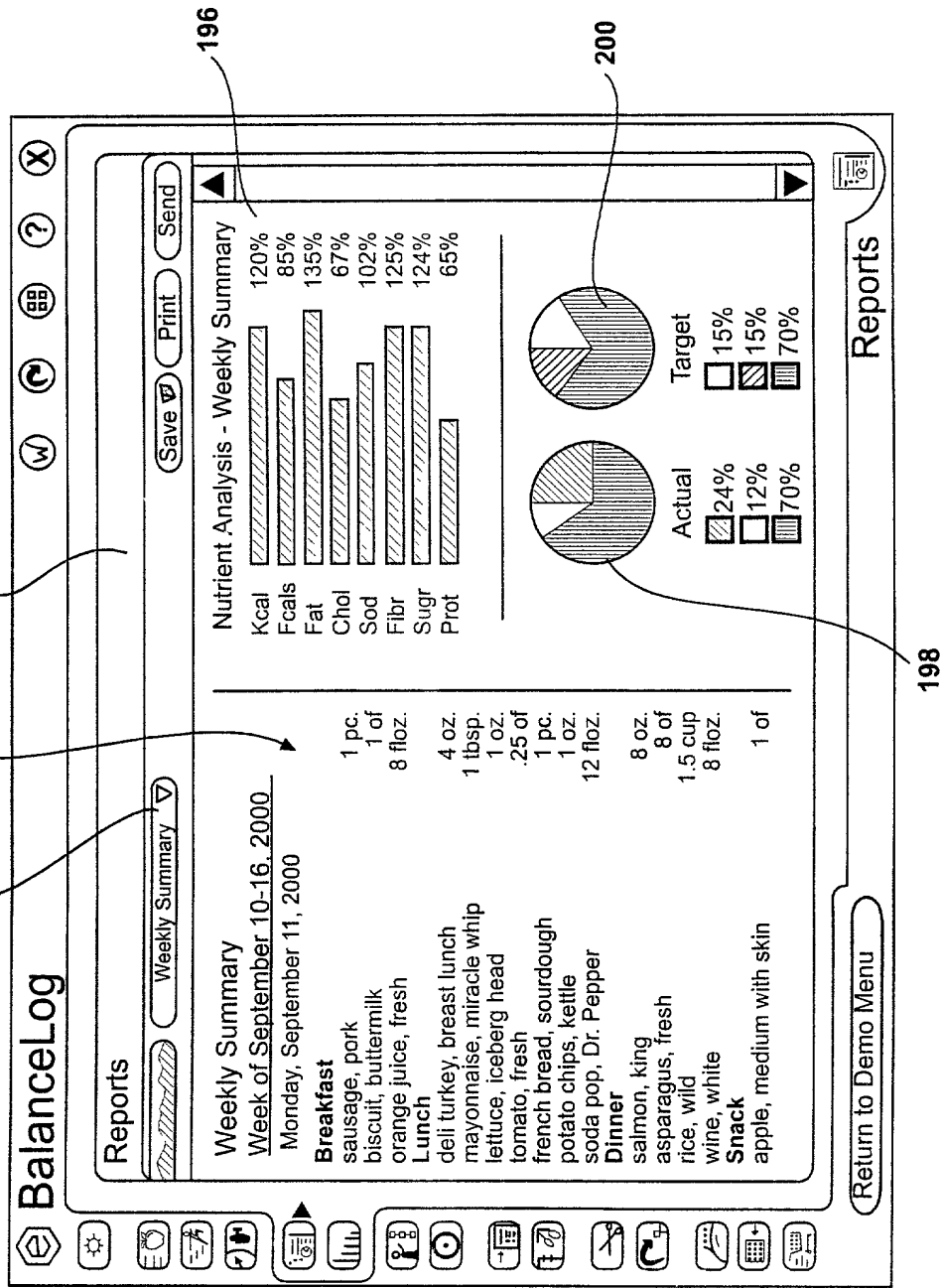


FIG - 19A

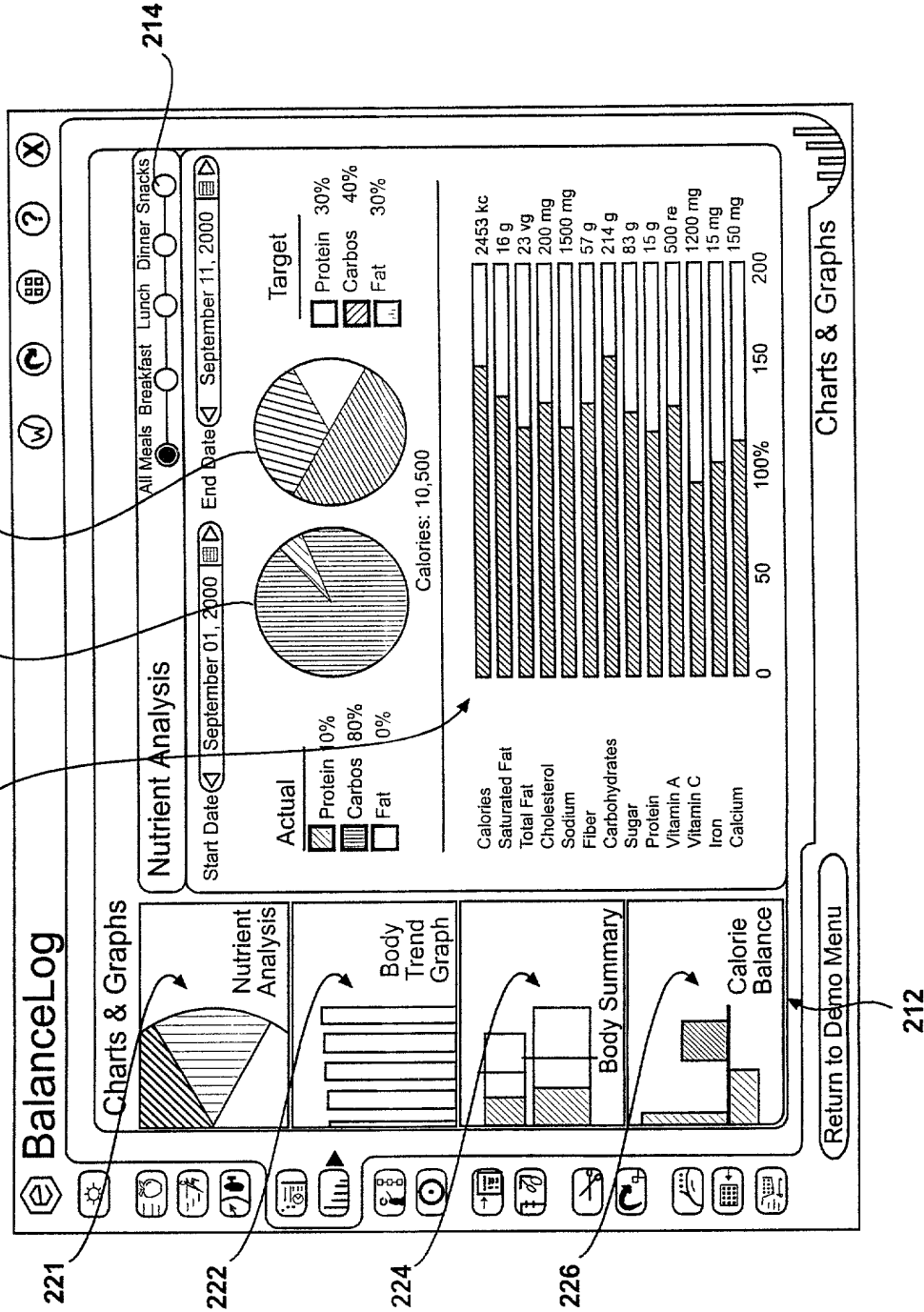


FIG - 19B

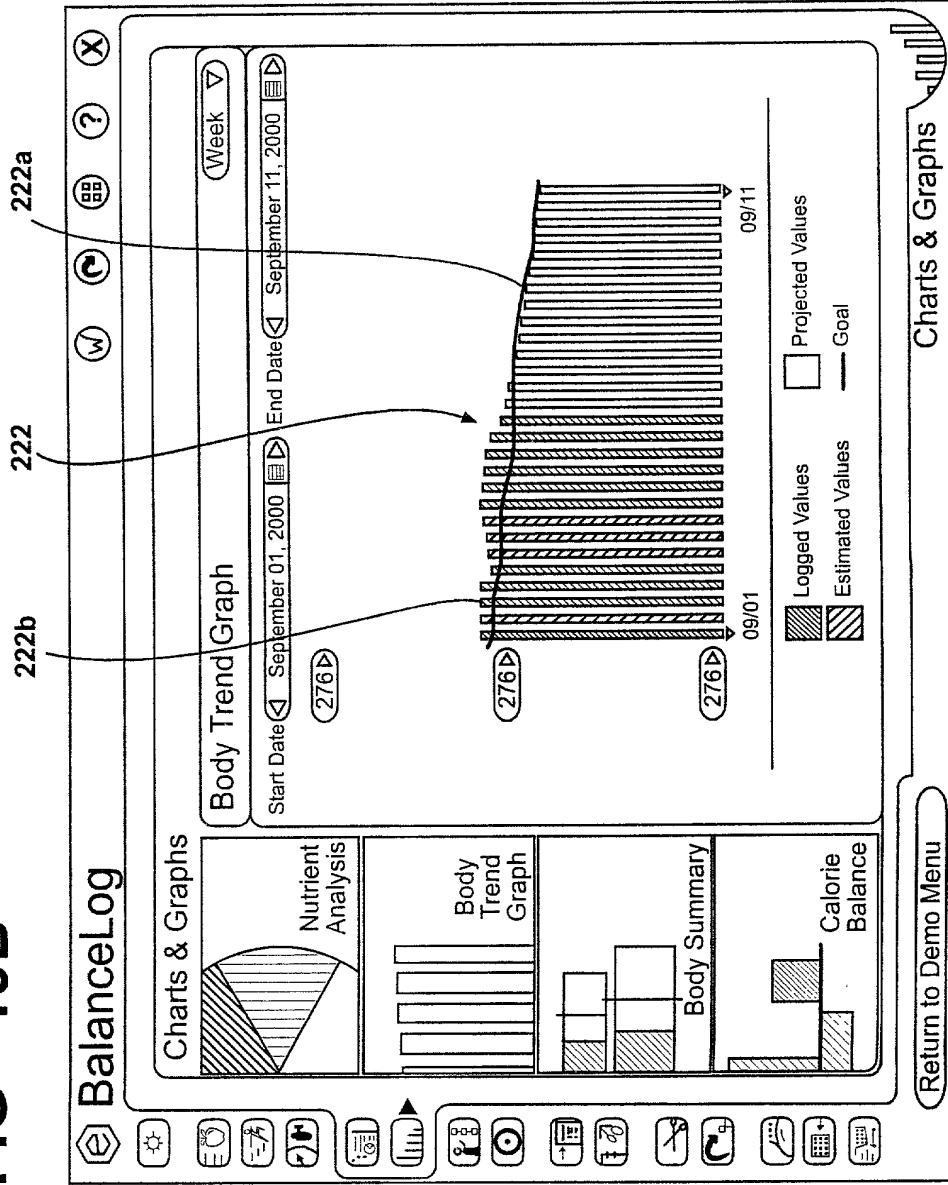


FIG - 19C

224

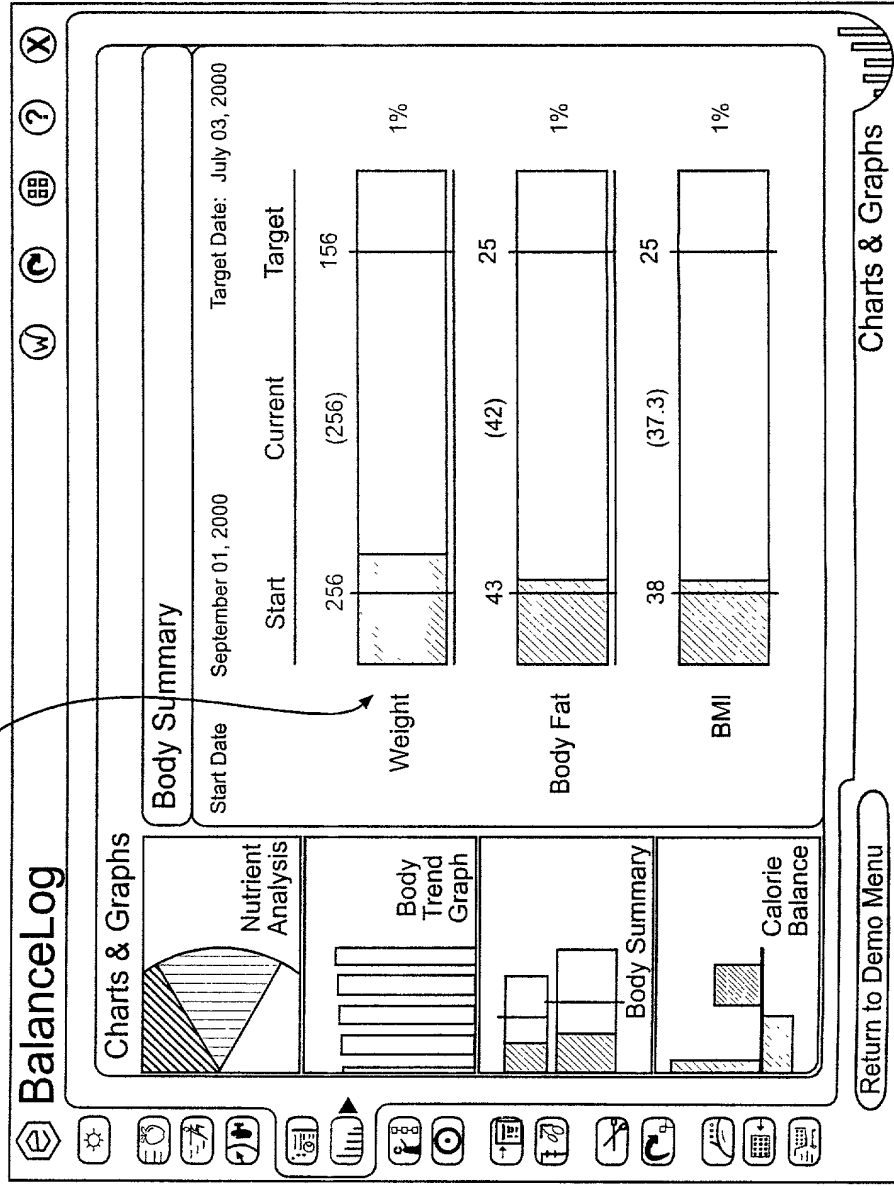


FIG - 19D

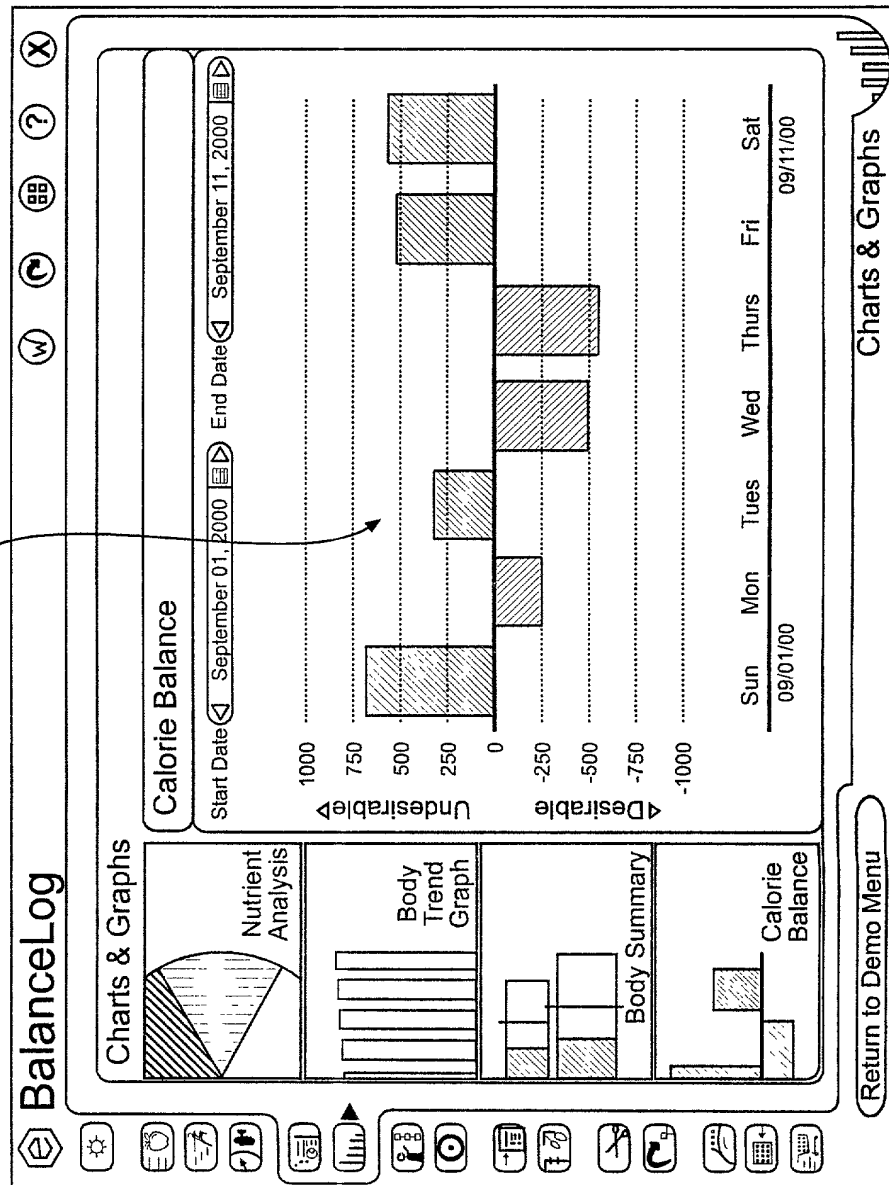


FIG - 19E

BalanceLog

Identity

Name: First Last

Password: Verify

E-mail:

Personal Information

Birth Date:

Gender: ☒ Female ☐ Male ☐ Pregnant ☐ Lactating

Units: ☒ English Units ☐ Metric Units

Height: Feet Inches

Starting Measures

Start Date:

Frame Size: ☐ Small ☐ Medium ☐ Large

Start Weight: Pounds

Body Size: ☐ From Measurement

Life-style

Activity level:

Work: ☐ I work outside the home. typical hours per week

Sun Mon Tues Wed Thurs Fri Sat

Sleep: hrs. on work days. hrs. on days off.

Job Type:

232

230

236

234

FIG - 19F

BalanceLog

Health Goals

Program

☒ Lose Weight

☐ Gain Weight

☐ Maintain Weight

Other Goals

☐ Lower Blood Pressure

☐ Lower Cholesterol

☐ Manage Diabetes

☐ General Conditioning

☐ Disease Prevention

Weight Goal

☒ I want to weigh lbs.

☐ I want to lose lbs.

Goal Method

☒ Lose +/- lbs / week

☐ Goal

Metabolic Target

Metabolism

☒ I have my resting metabolism from the GEM, it is

☐ I don't know my resting metabolism and I don't have a GEM, please estimate it.

☒ I would like to set an activity target.

Activity

Eat Less vs. Cals/week Burn More

☐ I do not wish to set an activity target

Nutrition Facts

Calories	<input type="text" value="1950"/>
Calories	<input type="text" value="26"/> g
Saturated Fat	<input type="text" value="9"/> g
Cholesterol	<input type="text" value="300"/> mg
Sodium	<input type="text" value="2400"/> mg
Total Carbohydrates	<input type="text" value="314"/> g
Dietary fiber	<input type="text" value="24"/> g
Sugars	<input type="text" value="32"/> g
Proteins	<input type="text" value="117"/> g
Vitamin A	<input type="text" value="500"/> RE
Calcium	<input type="text" value="500"/> mg
Vitamin C	<input type="text" value="500"/> mg
Iron	<input type="text" value="500"/> mg

Diet Plan

Diet Choice

Macronutrients

☐ Protein 50%

☒ Carbs 20%

☐ Fat 30%

[Return to Demo Menu](#)

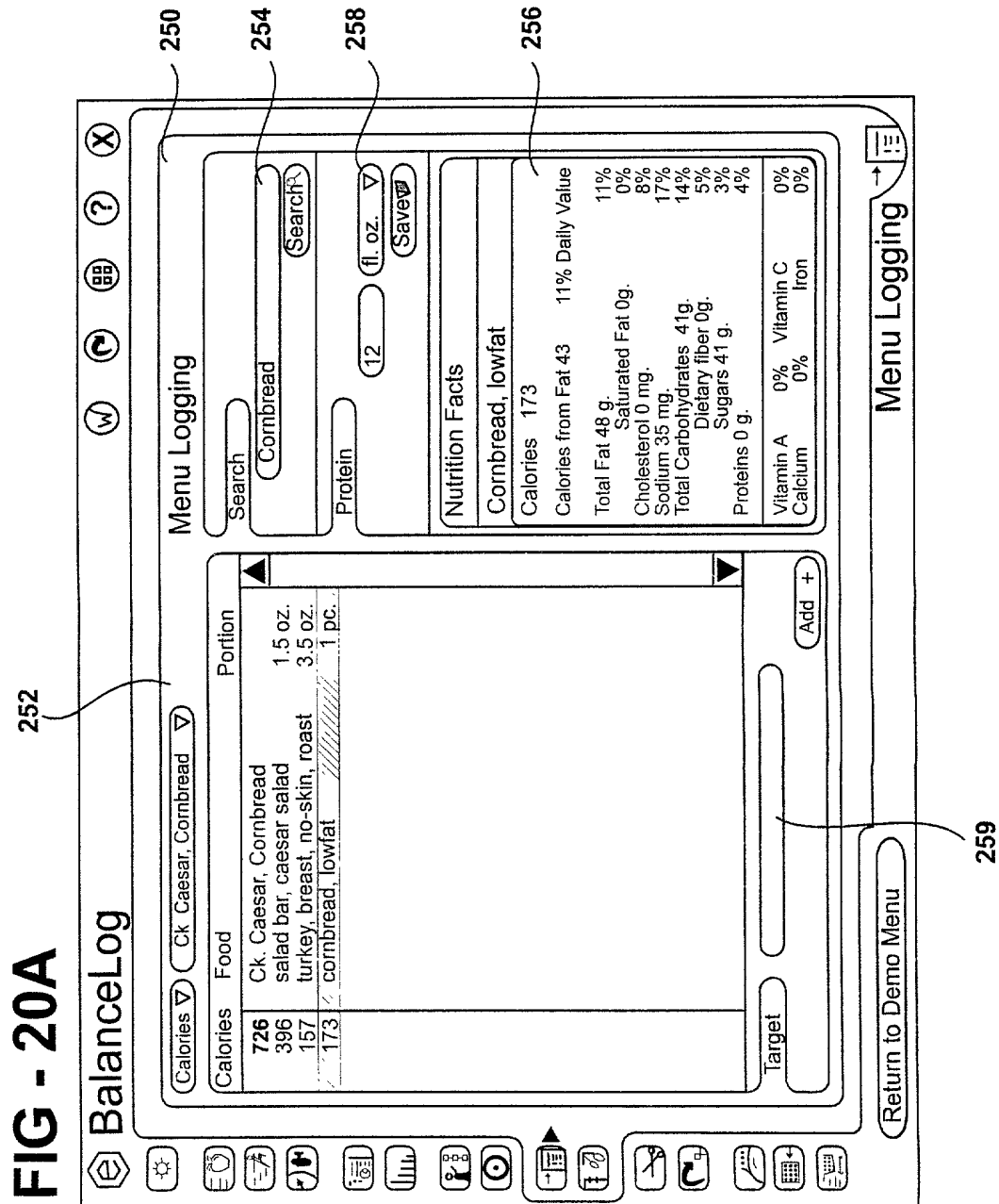
[Target](#)

246

242

240

244



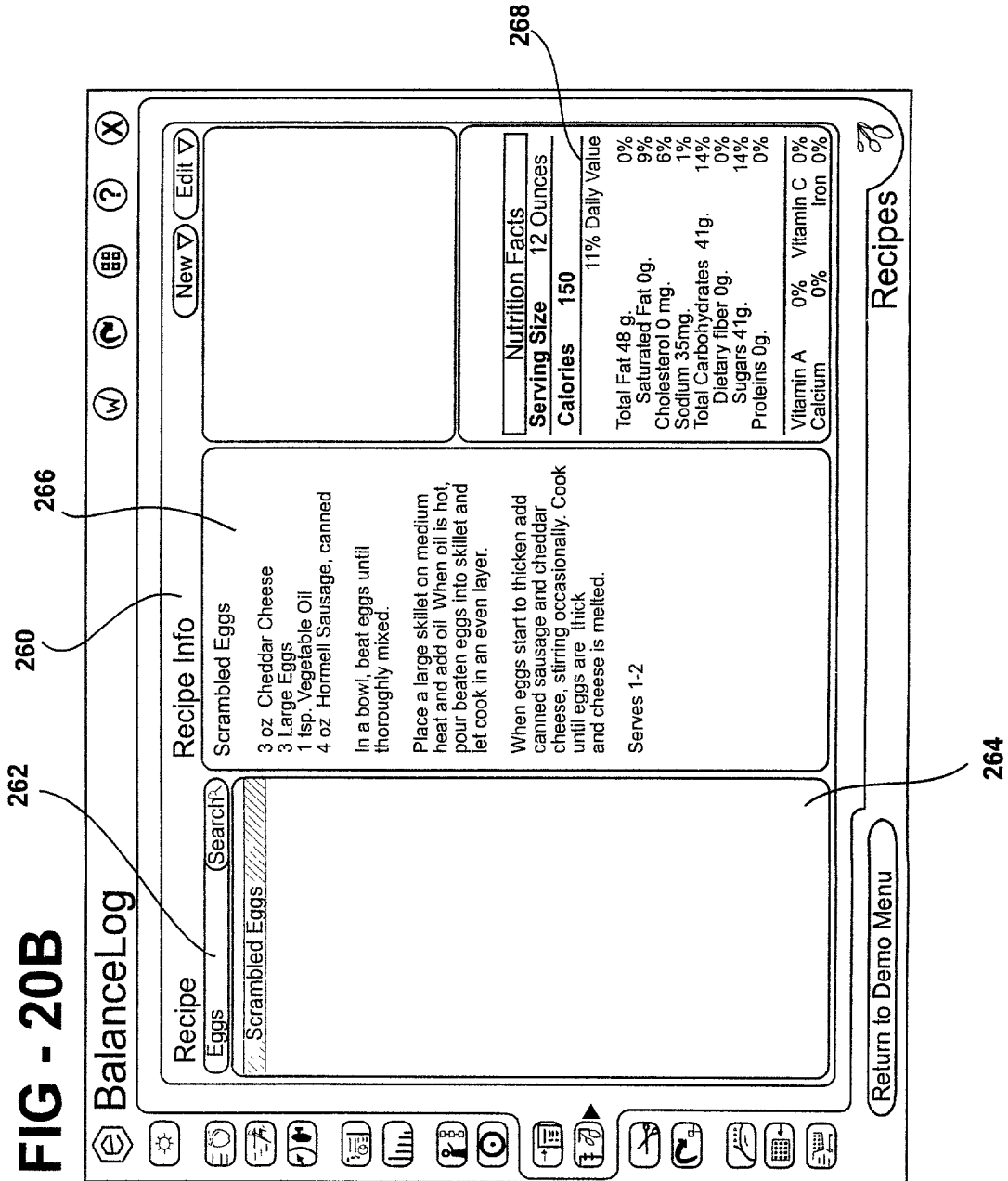


FIG - 20C

BalanceLog

272

270

274

276

278

Categories

► Dairy
► Meat & Protein
▼ Fruit
fresh fruit
canned fruit
bottle/jar fruit
frozen fruit
dried fruit
fruit purees & sauces
preserves
cooked fruit
fruit salad
miscellaneous
► Vegetable

Food Items (1-8 of 8 foods)

acerola, raw, generic
apple, raw no skin, generic
apple raw w/skin, generic
apricots, raw, generic
avocado, raw, generic
avocado, raw, California, generic
banana, raw, generic
blackberries, raw, generic
blueberries, raw, generic
1 2 3 4 5 6 7 8 9 10

Group Fruit
Category Fresh Fruit
Name Apple
Type Raw w/skin
Brand Generic
Cuisine None

Serving Size 1.00 **Each**
Grams 138

Calories 81.4
Calories from Fat 447
Total Fat 4.97 g 11%
Saturated Fat 0.080 g 0%
Cholesterol 0 mg 8%
Sodium 0 mg 17%
Total Carbohydrates 21.0 g 14%
Dietary fiber 3.73 g 5%
Sugars 0 g 3%
Proteins 0 g 4%

Vitamin A 1 **Vitamin C** 13
Calcium 1 **Iron** 2

☒ Flag this food as a favorite.

Food Data Base

Return to Demo Menu

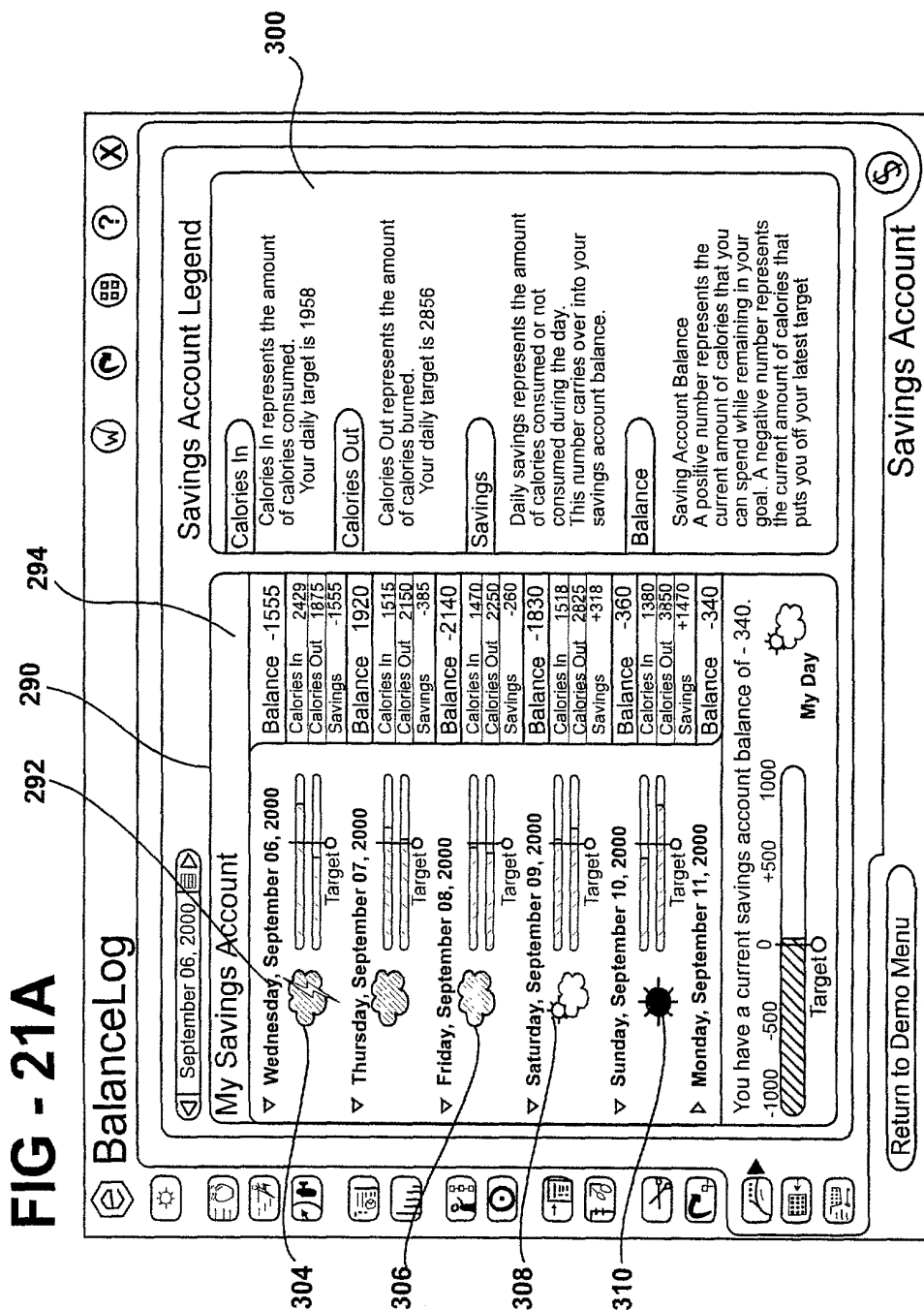


FIG - 21B

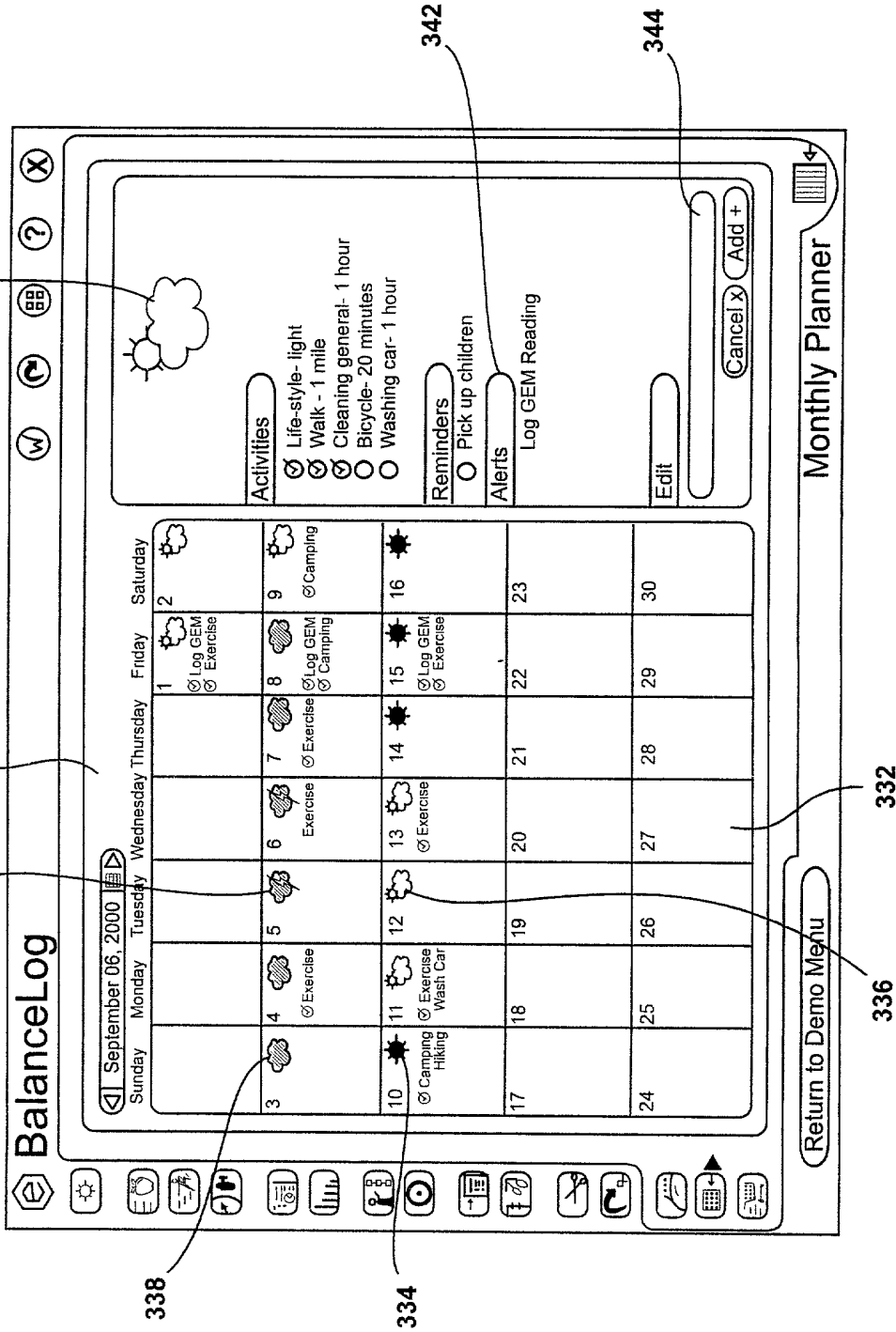


FIG - 22

BalanceLog

Safeway 56007 Safeway- Cedar Rapids, 5th street

Dairy	skim milk	gallon	\$1.56	aisle 9
Produce	apple, medium	3	\$0.75	aisle 1
	asparagus, fresh	1 bunch	\$4.25	aisle 1
	lettuce, iceberg	1 head	\$0.78	aisle 1
	tomatoes, fresh	5	\$1.68	aisle 1
Meats & Deli	sausage, pork	1 lb.	\$6.54	aisle 8
	deli turkey, breast	1 lb.	\$4.15	aisle 8
	salmon, king	1.5 lb.	\$17.00	aisle 7
Breads/ Cereals	biscuit, buttermilk	16 oz.	\$1.30	aisle 9
	rice, wild	1 box	\$3.45	aisle 6
Canned	orange juice, fresh	1 qt.	\$2.10	aisle 9
Beverages	mayonnaise, miracle whip	16 oz.	16.0z.	aisle 3
Condiments				
Frozen				

Cost in basket \$28.50
 Total cost \$41.10

Click here to order on-line.

Return to Demo Menu

Grocery List Entry

Search biscuit, buttermilk

biscuit, baking powder
 biscuit, buttermilk
 biscuit, homemade

Previous 1 2 3 4 5 6 Next

Edit 16 Oz. Add +

Grocery List